CLAIMS

- 1. A method for producing bubbles by the injection and

 5 dispersion of a gas through a porous body into a liquid,

 wherein the porous body has a value of 1 to 1.5,

 wherein the value is given by dividing the pore diameter

 that accounts for 10% of the total pore volume in the relative

 cumulative pore distribution curve of the porous body by the

 10 pore diameter that accounts for 90% of the total pore volume

 in the relative cumulative pore diameter distribution curve of
- 2. The method according to claim 1, wherein the contact angle with respect to the liquid of at least the surface of the porous body that is in contact with the liquid is greater than 0° and less than 90°.
- The method according to claim 1, wherein porous
 glass is used as the porous body.
 - 4. The method according to claim 1, wherein the liquid contains at least one additive selected from the group consisting of emulsifying agents, emulsion stabilizers,
- 25 foaming agents, and alcohols.

the porous body.

- . 5. Bubbles obtained by the method according to claim 1.
- 6. The bubbles according to claim 5, wherein, in the integrated volume distribution of the bubbles,
 - 1) the diameter at which the bubble volume accounts for 10% of the total bubble volume is at least 0.5-times the diameter at which the bubble volume accounts for 50% of the total bubble volume, and
- 2) the diameter at which the bubble volume accounts for 90% of the total bubble volume is no more than 1.5-times the diameter at which the bubble volume accounts for 50% of the total bubble volume.